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AND
P. K. GODE, M.A.

EXTRA SERIES I

A VOLUME OF EASTERN AND INDIAN STUDIES

IN HONOUR OF
PROFESSOR F. W. THOMAS, C. I. E.

[facing title page]

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A VOLUME OF EASTERN AND INDIAN STUDIES

Presented to

Professor F. W. THOMAS, C. I. E.,

on his 72nd birth-day 21st March 1939

EDITED BY

S. M. KATRE, M.A., Ph. D. (London)

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TODA MENSTRUATION PRACTICES*

By

M. B. EMENEAU, Yale University.

841 121 The Todas of the Nilgiris in South India in the regulations governing women during menstruation are as peculiar as in many other of their institutions. In the account of their regulations which is presented in this paper this will be shown by reference to the regulations of the communities surrounding them.

841 171 During this period Toda women are not secluded, as they are by the Kotas and Badagas of the Nilgiris and by most other communities of India. They remain in the one-room houses of the tribe and no restrictions are placed on their contacts with ordinary men. Sexual intercourse is forbidden, but other physical contacts are allowed. E.g. they may sit on the same seat as a man and may assist a man or be assisted by him in dressing the hair, bathing etc. Contact is always avoided even in the woman's normal state [602] [619] with a man of the same patrilineal sib or with a man of the same matrilineal line,[1] but during menstruation no further restrictions are imposed. They cook as usual; this again is in marked contrast with the practice of other communities of India. The taboo on sexual intercourse during a woman's [684] menstrual period is apparently broken at times; no penalty is applied either to the man or to the woman if such breach is discovered. A man however [793] who has had such intercourse may not become a dairyman-priest until after [234] the next new moon.

841 798 234 [962] The period involves however an even stricter seclusion from contact with the dairy-complex than is usually enjoined on the Toda women. The restriction on a man's becoming a priest after intercourse with a menstruating woman has just been mentioned. Normally women may drink buttermilk from the dairies, and it is the women's task to take receptacles to the line of stones marking off the houses, or profane part of the munds,[2] from the dairy and its grounds, in order that the priest may fill them with buttermilk. Both these practices are forbidden for menstruating women. Even during their

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[122] * This paper was written during receipt of aid from the American Philosophical Society (Penrose Fund), to which I must acknowledge my gratitude.

[113] 1. See my paper "Toda marriage regulations and taboos" in *American Anthropologist* 39. 103-12.

[361] [798] [716] 2. A mund is any place where the Todas live or carry on tribal activities which are localised, e.g., funerals or dairy operations. In my paper "Toda culture thirty-five years after" in *Annals of the Bhandarkar Oriental Research Institute* Vol. XIX, pp. 101-121, I have outlined the nature of the munds and have shown that those at which the people live are typically made up of two parts, a dairy-complex which is a god, and a profane part where the houses are.

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normal period they must be careful not to touch the priest while he is exercising his priestly duties; e.g. when a woman takes the vessel to the line of stones, she sets it down on the ground and retreats a few paces and the priest avoids contact even with the profane vessel. Priests, however, are permitted to sleep in the profane part of the mund, the houses, on certain nights of the week, depending on the grade of dairy at which they officiate, and on these nights they may have intercourse with the women in the houses and no restriction is put upon their contact with the women.[1] A menstruating woman, however, must not stay in the house when a priest comes to sleep there. She is further debarred from touching any buffaloes, calves, or buffalo-pens, even those which she may touch at ordinary times, as e.g. non-sacred buffaloes which are being milked for the use of the houses. The restrictions which ward off women from the dairy-complex are at ordinary times stringent enough; these extra ones are designed to remove the last traces of contact during a woman's menstruation period.

The funeral huts used for men at all male funeral places are called by the word which denotes a dairy (poly). Some of the sibs in fact place the corpse of a man in a dairy which is used as such and in one or two other cases there are traditions that the funeral huts were originally dairies of certain grades.[2] A menstruating woman may not enter any funeral hut of a male to lament over the body. This is a slight further indication that all the funeral huts of males are regarded as dairies, as they are terminologically. The ne:lpoly, or hut which is built for the accommodation of the relics of a man between the first and second funerals, also has as part of its name the word for dairy. It is not however regarded as a dairy, nor is there any indication that it was a dairy at any stage of its development. But no menstruating woman may enter it. It is probable that this restriction has been made following upon the restriction on a menstruating woman's entering the funeral hut proper.

One mund, kuu:ɤ of the sib called mɔ̃:ɾ was according to tradition formerly a dairy-mund of the highest grade, a ti :-mund. A certain amount of its original sanctity still attaches to it, and in theory women do not live there any more than they do at ti :-munds. The inconvenience of this regulation is however overcome in practice by a fiction. Women live at the mund kuu:ɤ but the marks of women's occupation are not allowed in the mund, i.e., the grain-pounder, the winnowing-basket, and the broom must be kept outside the mund and never brought to the houses. All household duties involving these articles must be performed outside of the munds. Likewise, no menstruating woman may stay in the mund; she must go outside and stay away for three days. At ordinary times she may be in the mund by a fiction, but when she is really and unequivocally a woman, the fiction will not avail to preserve the sanction of this mund.

1. See Rivers, *The Todas*, pp. 62 (towards the bottom), 67 (bottom), 72 (towards the bottom), 78 (middle).
2. Rivers, pp. 339-40.

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841 Finally we come to the question of the woman's personal hygiene during menses. As is very usual, a bath is prescribed after menstruation is over, to remove the last traces of uncleanliness. But, very unusual among primitive communities, the Toda woman during her period wears a sanitary napkin designed to absorb the flow of blood. Formerly it was made of moss wrapped into a pad with a piece of cloth and attached before and behind to the usual silver or brass chain girdle or, failing this, to a waist-string. At present rags [178] are more common in the munds than formerly and the pad may be made wholly of rags. The pad is changed when necessary, and all discarded ones [171] are burnt. Such pads are also used by Kota and by Badaga women, but their use has not been reported, so far as I know, for the women of any other Indian community.

841 794 563 177 The contrast between the menstrual regulations of the Todas and those of other Indian communities is neatly pointed by the habits of the small Toda Christian community. The converted Toda women have not been sufficient in number to provide wives for all the Toda men converts and the deficiency has been made up by converted Tamilian women. The two sets of women continue their pre-Christian customs during menstruation. The Toda women wear the sanitary napkin and continue to cook and to live in all parts of the house. The Tamilian women, on the other hand, wear no napkins, refuse to cook and will not even enter the room where the cooking-hearth is built.